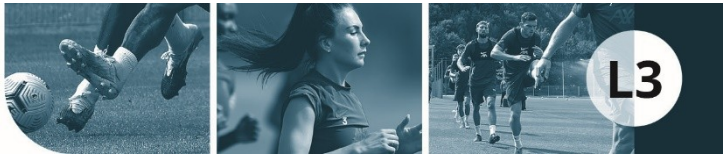


# BTEC Assignment Brief

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| **Qualification** | BTEC International Level 3 Subsidiary Diploma in Sport, Fitness and Personal Training<br>BTEC International Level 3 Foundation Diploma in Sport, Fitness and Personal Training<br>BTEC International Level 3 Diploma in Sport, Fitness and Personal Training<br>BTEC International Level 3 Extended Diploma in Sport, Fitness and Personal Training |
| **Unit number and title** | **Unit 16: Applied Coaching Skills** |
| **Learning aims** | A: Assess participant needs for a coaching programme<br>B: Plan a sport coaching programme |
| **Assignment title** | Preparing a Sport Coaching Programme |
| **Assessor** | |
| **Issue date** | |
| **Hand in deadline** | |

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| **Vocational Scenario or Context** | You have been working in a volunteer role with a local sports club. You have worked with experienced volunteers and staff to create case files for participants. You have been involved in all aspects of the process from looking at the needs of the participant, profiling and then preparing and planning a coaching programme and individual sessions.<br><br>Following a successful period volunteering, you have been asked to take a lead role with the next client to offer them support and advice in their development. You have been asked to undertake the full role with support from others where required. |

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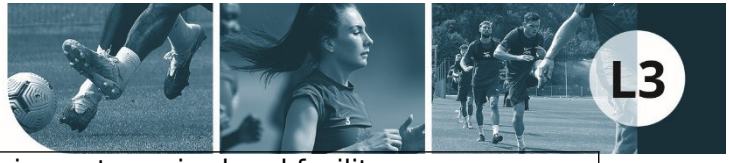
| **Task 1** | A new client has arrived and it is your responsibility to provide them with the programme that they require. To complete this you must create a series of case files that focus upon all aspects of the clients' needs in order to provide a sufficient plan.<br><br>Firstly, you get to know the client by looking into their needs. What do they require in order to help them progress but also maintain focus and determination to succeed. You should consider:<br><br>• The type of sport they play/have interest in<br>• Barriers they may face to participating<br>• Their needs:<br>o Psychology, behaviour, mind-set, well-being<br>o Tactical or technical performance<br>o Fitness<br>o Health and medical<br>o Expectations, motivations and career |

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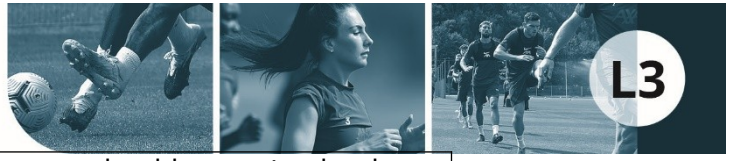
| | o Special equipment required and facility access.<br><br>Dependent upon the information you gather, you should create a profile for your client. You will also need to complete some tests and assessments in order to ensure you create a relevant and correct profile. You should consider:<br><br>• Demographic, personality, history, ambition, career aim, achievements<br>• Tests and assessments should be carried out in order to provide:<br>o Performance profiling (technical and tactical)<br>o Physical profiling<br>o Psychological profiling<br>o Nutrition and lifestyle support<br><br>Whilst producing your client profiling you should clearly demonstrate your ability to record personal client information safely, assess in line with legislation as well as rules and regulations. Where the clients' needs are complex and you do not possess the skills to meet their needs, you should show understanding of how to complete the referral process.<br><br>Once you have produced your client profile and have case files that are of a good standard containing all relevant information, you should plan a sport coaching programme that is bespoke for your client.<br><br>In your planning you must ensure that you prepare the coaching team and that you include:<br>• The type of programme you will use (individual or squad based, periodisation, phases and personal motivations)<br>• The programme includes clear:<br>o Goals – short, medium and long<br>o Coaching method and style<br>o Schedule<br>o Communication of the programme<br>o Non-session coaching e.g. nutrition, lifestyle, welfare, psychology, media, career, performance, preparation, leadership, schedule: 1 to 1, reviews, assessments, wider stakeholders<br><br>Once you are happy with the programme that you have produced, you should go on to produce individual coaching sessions ensuring that they meet the overall programme and client needs. You should produce a series of session plans that clearly demonstrate your ability to plan sequential sessions that aim to achieve the overall goal. Each session should include:<br>• Aims and objectives<br>• Resources, equipment and facilities<br>• Use of technology<br>• Timings and duration<br>• Health and safety<br>• Differentiation<br>• Pre-session preparation<br>• Components for physical fitness or skill-related fitness (warm-up, main activities, cool down, feedback) |

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| | For each of your sessions you should go on to clearly outline how non-session support will be included as well as providing a clear rationale to your programme and sessions. You must ensure you fully rationalise your approach in response to client needs. |
| **Criteria covered by this task:** | |
| Unit/Criteria reference | To achieve the criteria, you must show that you are able to: |
| A.P1 | Produce a coherent profile of participant pre-programme performance. |
| A.P2 | Outline the participants needs |
| B.P3 | Develop a competent and appropriate coaching programme with sessions and non-session support. |
| B.P4 | Prepare the coaching team and support staff for the coaching programme. |
| A.M1 | Make a detailed assessment and relevant profile of participants pre-programme performance and wider needs. |
| B.M2 | Develop an effective coaching programme with sessions and non-session support, based on clear assessment of participants needs. |
| AB.D1 | Develop a strategic coaching programme covering sessions and non-session support based on a compressive evaluation of participants needs. |
| **Checklist of evidence required** | ✓ Case files<br>✓ Sport coaching programme<br>✓ Sport coaching sessions |
| **Other assessment materials attached to this brief** | |